

LIST OF INGREDIENTS:

- ORGANIC EVOO
- ORGANIC TOFU EXTRA FIRM (or substitute like beans, lentils, tempeh, etc.)
- ORGANIC BROWN RICE
- ORGANIC RED ONION
- ORGANIC RED PEPPER
- CHIPOTLE PEPPERS IN ADOBO
- ORGANIC TOMATO SAUCE
- ORGANIC BLACK BEANS
- ORGANIC CORN
- ORGANIC ROMAINE
- ORGANIC TOMATO (DICED) OR SALSA
- ORGANIC AVOCADO
- ORGANIC LIME JUICE
- ORGANIC MAPLE SYRUP GRADE B
- ORGANIC GARLIC MINCED
- ORGANIC GARLIC POWDER
- ORGANIC CUMIN
- ORGANIC CILANTRO
- DAIRY-FREE SOUR CREAM
- WRAP OF CHOICE



We don't tend to eat a lot of tofu—but my family loves these tofu burritos, which taste exactly like the sofritas at Chipotle Restaurant. If your not a fan of tofu, substitute beans, lentils, tempeh, etc. Get creative & add your favorite toppings—or make burritos, bowls, Mexican salads, nachos, tacos—whatever your heart desires!

STEP 1: PRESS/DRAIN TOFU

PUT 1 BLOCK OF ORGANIC TOFU (EXTRA FIRM) IN TOFU **PRESS (DIY PRESS)**

*YOU CAN SUBSTITUTE BLACK BEANS, RED BEANS, CHICKPEAS, LENTILS, OR TEMPEH.

WHILE THE TOFU DRAINS & THE RICE COOKS—MOVE ALONG TO THE NEXT STEPS.

STEP 3: COAT SKILLET WITH EVOO & SAUTE TIL SOFT, LET COOL

1/3 CUP ORGANIC RED ONION CHOPPED
1/3 CUP ORGANIC RED PEPPER CHOPPED
2 TSP ORGANIC GARLIC MINCED

STEP 5: PREPARE SOFRITAS MIX

- RECOAT SKILLET WITH EVOO
- CRUMBLE TOFU (I USE MY HANDS) & BROWN ON LOW/MEDIUM HEAT.-ABOUT 15 MINS. IF USING A SUBSTITUTE FOR TOFU—ADD HERE.
- AFTER TOFU IS BROWNEED, ADD SAUCE FROM BLENDER & SIMMER ON LOW/MEDIUM HEAT 7-10 MINUTES.

STEP 2: PREPARE RICE & SET ASIDE

2 CUPS BROWN RICE COOKED ACCORDING TO PACKAGE DIRECTIONS & COOL.

THEN ADD
1/4 CUP ORGANIC LIME JUICE
2 TBS ORGANIC CILANTRO
PINK SALT TO TASTE

STEP 4: PLACE SAUCE INGREDIENTS IN BLENDER & GIVE A WHIRL TIL SMOOTH

- ADD PEPPER/ONION MIX
- 3 CHIPOTLE PEPPERS (CANNED) IN ADOBO SAUCE PLUS 3 TBS SAUCE
- 1 8OZ CAN ORGANIC TOMATO SAUCE
- 1 TBS ORGNIC MAPLE SYRUP GRADE B
- 1 TBS EVOO
- 1TSP ORGANIC GARLIC POWDER
- 1 TSP ORGANIC CUMIN
- 1/2 TSP PINK SALT —ADD TO TASTE



STEP 6: PREPARE TOPPINGS OF CHOICE

- 1 CAN ORGANIC BLACK BEANS (RINSED/DRAINED & WARMED)
- 1 CAN ORGANIC CORN (DRAINED & WARMED IF DESIRED)
- 1 CUP ORGANIC ROMAINE CHOPPED
- 1 CUP ORGANIC TOMATO DICED OR SALSA
- 1 ORGANIC AVOCADO DICED
- DAIRY-FREE SOUR CREAM (LIKE TOFUTTI)

STEP 7: ASSEMBLE YOUR GEM & DIG IN!

LAYER YOUR INGREDIENTS IN TORTILLA OF CHOICE (GLUTEN FREE, SPROUTED, WHOLE GRAIN, ETC.) OR CREATE A BOWL. LAYER:

- SOFRITA MIXTURE
- RICE
- BLACK BEANS
- CORN
- ROMAINE
- TOMATO DICED OR SALSA
- AVOCADO DICED
- DAIRY-FREE SOUR CREAM